

SEVERN RIVER LIONS CLUB NEWS

MARCH 2023

WHAT YOU MISSED...AND WHAT WE MISSED

I have been a Lion for almost 40 years, in several different states and in several parts of the same state. I have and continue to serve in a variety of different ways from being a member, to being a board member, to overseeing monies for Blind and Deaf Community programs/projects, to serving on the District Governor's Cabinet and being honored as a King Lion several times over. I have seen the best that Lions Clubs bring out in people who professed to be Lions and the worse in people who professed to be Lions.

During the past Tuesday night's Membership Meeting, I saw a set of two very powerful situations that I will deeply treasure for as long as I have the ability to remember. Let me share them with you now. I invite you to reach out and talk to a Lion who came so you both can share these experiences. Here's what you missed:



I saw our Peace Poster winner presenting her poster and her story. She had a wonderful poster and is very artistic. However, she was very shy and I think it was the first time she had to give a presentation. She was nervous and at times lost for words. She was gently coached by her parents and teacher to help her along the way. When she finished, several Lions asked a very gentle manner, some questions that allowed her to further express her thoughts and talents. Then there was a wonderful round of applause following the check presentation. I sat with the family and the teacher, and they remarked how welcome the Club made them feel. I was very humbled to be part of the Severn River Lions Club.

Following the Peace Poster talk and the business part of the meeting, Lion Tail twister Bill Z. did an outstanding job 'tail twisting' members. His request did not follow the 'advanced notice' listed on the agenda. The stories that were told touched me deeply. So, if you were not present, I invite you to reach out to a Lion who you think was present or contact Bill Z and then start a conversation and share your story as you listen to what was said. Again, I was very humbled to be part of the Severn River Lions Club.

So you see this is what you missed and I invite you to reach out and find out what took place.

As to what we missed YOU! I urge you to, as you are able to come to the next Member Meeting. I urge you to continue working in service as you are able to participate. Finally, I urge you to come, as you are able, to the Charter night in April...and I encourage you who were present to reach out to those who were unable to attend and say a friendly hello, offer a welcome back invite, and share your story.

We are so much better together when we are together serving together and sharing life's joys and blessings!

Yours in Lionism,
Christopher R. Werth, your King Lion

PEACE POSTER WINNER



Teacher Erika K. Oldershaw and Peace Poster winner Samantha Neidenbach



Samantha Neidenbach, age 12, a 7th grader from Severn River Middle School was selected as the Severn River Lions Club's 2022 Peace Poster winner. The theme for 2022 was Peace through Compassion. She beat 60 other student posters to win at the club level before moving on to the district level where she placed second. Samantha and her family (brother, mother & father) were guests along with her art Teacher Erika K. Oldershaw at the 28 February General meeting where she presented a check for \$50 for winning at the club level. Texas Roadhouse who once again has partnered with the club on recognizing the participation of students gave each student a free kids meal card, with an extra bonus for Samantha who was also given a dinner for two certificates for being the winner. Lions Catherine and Suzette were this year's Peace Poster chairs once again. The theme for 2023 is Dare to Dream, and Mrs. Oldershaw is geared up to get some students from the remainder of this class year to submit an entry.

Lion Suz



SEVERN RIVER LIONS CLUB FEBRUARY 28TH MEETING



(Above) King Lion Chris Werth, Peace Poster Winner Samantha Neidenbach, and Lion Suzette Kettenhofen

(Left) District Governor Sue Parks looks on while Vice District Governor John Mosier greets Severn River Lions

CELEBRATING LION MARCH BIRTHDAYS



- 19 Lion Don Lilley
- 19 Lion George Williams
- 21 Lion Ken Tschantre
- 31 Lion Nelson Chesler



PINEWOOD DERBY EVENT



On Jan 14, 2023 Pack 688 - Club Scout Dens - Wolves, Webelos II, Tigers, Bears and Webelos hosted the Pinewood Derby Car Races at Shipley Swim and Tennis Club, Millersville.

This annual event, teaches the construction of the derby cars with various theme choices for cars. The Lions in attendance were Dave Knabel, Bill Z, Chuck Horne and Jackie Hetrick. The Lions pick the winner in each category.

Chris Werth's liaison is Nora Klee, mother to two of the scouts. Her contact information for future event planning is 617-755-4132.





Brian Boru Fundraiser

Severn River Lions Club & Foundation



Tuesday April 4, 2023 from 11 am – 9 pm

Enjoy your choice of the following...

Starter

A cup of our traditional Potato & Leek Soup -or- Tomato Whiskey -or- beginner's Caesar -or- Garden Salad

Main Course

Chicken Marsala

All-natural fresh chicken breast, chef's own mushroom marsala sauce, champ mashed potatoes, steamed mixed vegetables

Norwegian Salmon Kille

6oz Salmon topped with a Kerrygold Mustard Butter served with Basmati Rice and Smashed Peas

Beef Stew **

Tender chunks of beef stewed with red wine, herbs, carrots, onions, and celery topped with mashed potato

Shepherd's Pie **

Ground beef sirloin with onions, peas, carrots, in a rich gravy topped with mashed potatoes, and baked

Irish Vegetarian Boxty

Potato Pancake filled with grilled peppers, onions, mushrooms, cheese and topped with your choice of marinara or cheese sauce

Dessert

Bread Pudding or Bailey's Mousse

.All for \$30. \$10 out of each menu will be donated!

**Gluten free option

Inside dining room or outdoor seating. Also available for carryout! Call 410-975-2678 to call for carryout. Visit www.brianborupub.com click on menus, online ordering, follow prompts to order and pay online.



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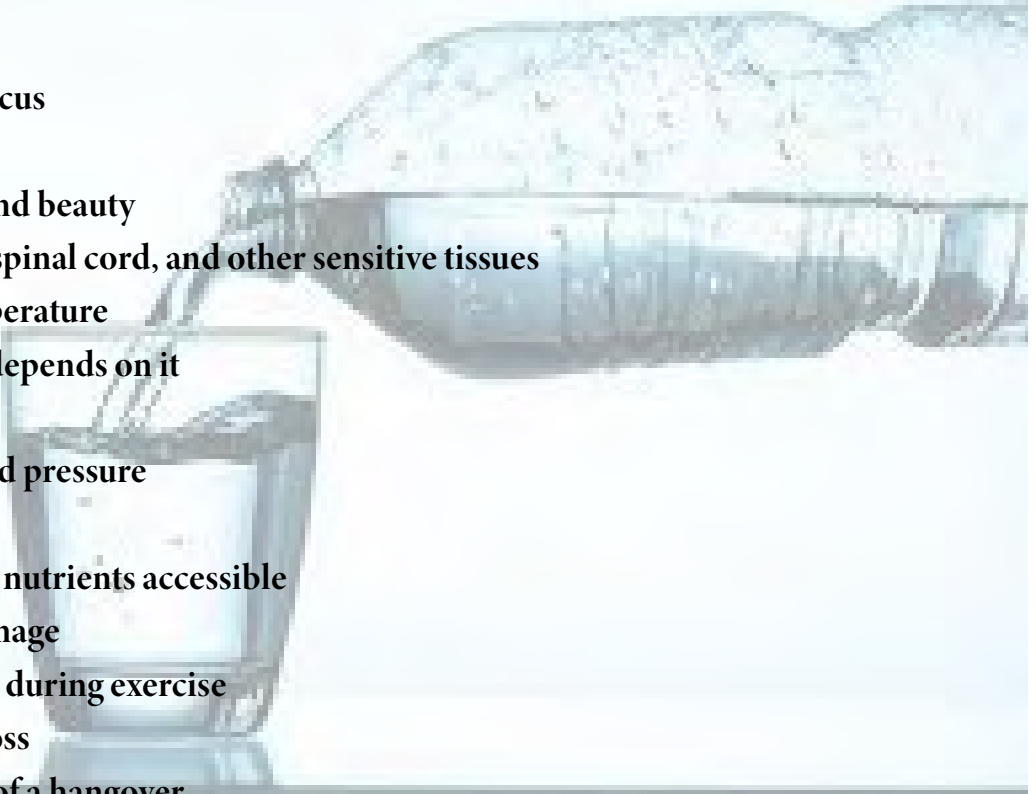


HEAR YE! HEAR YE! "CLUB'S CHARTER NIGHT" will be April 4th at Brian Boru's. We have the back area reserved from 6:45 to 9 pm.

DIABETES MINUTE

BENEFITS OF DRINKING WATER

1. It lubricates the Joints
2. It forms saliva and mucus
3. It delivers oxygen
4. It boosts skin health and beauty
5. It cushions the brain, spinal cord, and other sensitive tissues
6. It regulates body temperature
7. The digestive system depends on it
8. It flushes body waste
9. It helps maintain blood pressure
10. The airways need it
11. It makes minerals and nutrients accessible
12. It prevents kidney damage
13. It boosts performance during exercise
14. It helps with Weight loss
15. It reduces the chance of a hangover



DAILY FAT GRAM BUDGET

WEIGHT	FAT GRAMS
0-174	33
175-219	42
220-249	50
250-300	55
300 – UP	60

